



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RIDE SWEAT AND SMILE

Group Cycle SCHUYLKILL YMCA

Group Cycle is a high-energy indoor cycling class set to music using a stationary bike with a weighted fixed-gear flywheel. Riders of all abilities can spin together and tailor their training session by individually controlling their cadence and/or adjusting the bike's resistance.

- Register at front desk or by phone
- FREE for members; \$5 for non-members

WHEN: Tuesday & Thursday Mornings
Tuesdays Evenings

TIME: 9:00 to 10:00 AM
6:30 to 7:30 PM

LOCATION: SCHUYLKILL YMCA
520 N. Centre St.
Pottsville, PA 17901
570 622 7850

